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# WHITE OUT

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25(1)

Katz Position:

10(1)

**PROFESSOR RECEIVES DOZENS  
OF REDACTED DOCUMENTS  
ABOUT ARENA DEAL FROM CITY**  
**metroNEWS**

RYAN TUMILTY/METRO

## Cars jacked, shots fired, men arrested

### CRIME

### Three facing charges after a wild weekend for Edmonton police



**Andrea  
Ross**  
Metro | Edmonton

Three men face numerous charges after leading police on a two-day crime spree, including an armed carjacking, a high-speed chase and numerous stolen vehicles.

It all began Sunday morning, when the Edmonton Police Service was first called after a taxi theft was reported in the downtown area.

The suspects involved allegedly pointed a firearm at the taxi driver and then stole his cab, but the driver escaped without being injured.

The same suspects then allegedly stopped a motorist in an Audi near the University of Alberta, around 111 Street and 87 Avenue, at about 2:20 a.m. the same morning.

In that incident, they fired one bullet through the Audi's windshield.

They then shot more bullets at the driver's feet as the driver fled the car. The driver was not injured, but one bullet struck their shoe.

The suspects then sped off in the Audi, which was later found abandoned at a south-side shopping centre.

Then, around 3:45 p.m. Sunday, police responded to reports of suspicious activity around 99 Street and 23 Avenue, where there were multiple reports of armed suspects attempting to steal vehicles.

At some point, the suspects were successful.

At approximately 2 a.m. Monday, police received reports of a vehicle speeding north on Highway 2.

Leduc RCMP and an Edmonton Police Service helicopter helped track the vehicle, and in the St. Albert area, police laid spike belts across the road.

Once the car came to a stop, police arrested three male suspects.

Police said all the events are connected and the vehicles were targeted at random.

The three men, all 25 years old, face numerous firearm, robbery, criminal flight and dangerous driving charges.

Police have not released their names.

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Police are looking for the driver of this vehicle. CONTRIBUTED

## ROAD RAGE

### Sought: Man who threw rock at radar

Edmonton Police are looking for a man who may have gone too far venting his frustrations with photo radar earlier this month.

Officers are reaching out to the public in helping them to identify a male suspect who allegedly drove past a unit on the Whitemud and hurled a rock at the vehicle.

Police said the rock caused the vehicle more than \$2,000 in damage.

The incident happened at about 12:40 p.m. on Aug. 1.

Police said the male suspect was travelling westbound on the freeway near 53 Avenue.

The vehicle did not have a licence plate at the time, but police said it appears to be a black or dark blue Pontiac Torrent.

Anyone with information is being asked to contact the Edmonton Police Service at 780-423-4567 or #377 from a mobile phone.

Anonymous information can also be submitted to Crime Stoppers at 1-800-222-8477. METRO



The man who allegedly threw a rock at a radar van. CONTRIBUTED



Andrew Williams and Adam Johan are opening a downtown music academy focused on electronic music. ANDREA ROSS/METRO

## Schooling wannabe DJs

### MUSIC

### EDM rehearsal space hard to come by



Andrea Ross  
Metro | Edmonton

Two Edmonton DJs are bringing music lessons into the 21st century with a new music school and production studio exclusively focused on electronic music.

Owned by Andrew Williams

and Adam Johan, Night Vision Music Academy is a combined studio and school that will offer group and private 12-week courses teaching students how to DJ and make electronic music from scratch.

Class fees are competitive, and all students need is a laptop, headphones and the necessary software.

Located on Jasper Avenue and 112 Street, the school's mission is to support and develop the city's electronic music talent.

"We want to create a community hub for the electronic music community in Edmon-

ton. There are tons of spaces available for bands, but nothing dedicated to electronic music," Williams said.

"The space gives us the ability to teach more students and offer a bigger range of services."

Private DJ and electronic music lessons are offered around the city, but this will be the first music school devoted to the craft, Johan said.

About two dozen students went through a trial run of the weekly program over the last six months. It's a format that works for all ages and skill levels, and participants improved quickly, Johan added.

The studio space will be undergoing renovation until mid-September, but Williams expects lessons to begin shortly after. Interest in the school has been strong, he said, but the space will also host seminars, listening parties and other events.

"Electronic music is at everyone's fingertips, and it's easy to gain access to the tools to make music. But it's difficult to make music well with those tools," Williams said.

"We want to support young artists and make sure they're learning from a solid base with music theory behind it."

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The long-delayed Metro Line's hard infrastructure has been ready for months. KEVIN TUONG/FOR METRO

## the big number

# 70

**Transportation Manager Dorian Wandzura revealed that since he took the helm in 2013, 70 per cent of the transportation department's staff are new.**

# City manager accepts blame

LRT

## Farbrother faces heat for alleged lack of oversight



**Braeden Jones**  
Metro | Edmonton

As Edmonton's auditor presented a damning report on the Metro Line LRT on Monday, City Manager Simon Farbrother put his hand up and accepted "full accountability" for the project's now-18-month delay.

Auditor David Wuin's report, released last Thursday, examined the delays and highlighted many issues within the city's admin-

istration, including poor communication between managers.

On Monday, councillors faced Farbrother — the only employee that answers to them as a city manager — for the first time after reading the audit, and many did not hide their frustration.

Coun. Mike Nickel lambasted Farbrother for what he described as his lack of oversight, even going so far as to call his management a "failure."

Faced with the criticism, Farbrother accepted responsibility for the city's role in the delays.

"This project has not gone well. There are a number of reasons for that, and obviously some of that is in the city," Farbrother said. "I'll take accountability with that."

Farbrother told council he wasn't told of issues with the Metro Line until October 2013,

well after the delays started happening.

But Nickel said he shouldn't have needed to be told. Instead, he said, Farbrother should have asked.

Nickel called for council to hold a special meeting to discuss the city manager's performance, but no motion was made.

Transportation Manager Dorian Wandzura sat beside Farbrother at the meeting and also accepted partial responsibility for the Metro Line.

Nickel, however, didn't agree.

"I think Mr. Wandzura has done an excellent job trying to patch together a number of cascading problems," he said. "After he showed up, some changes started to happen."

During the meeting, Wandzura revealed there has been an approximate 70 per cent

turnover in his staff at the transportation department.

Mayor Don Iveson picked up on that point. "There have always been challenges with the transportation department's culture," he said. "A symptom of that (culture) is a failure to report up."

Iveson added that council expects better reporting of problems, particularly when risks of time, money or scope emerge.

Still, while Nickel expressed a desire to examine Farbrother's management, Iveson offered support.

"It's quite clear to me at this point that the city manager is working closely with the general manager of transportation to make exactly the kinds of changes the auditor has called for," he said. "I have confidence they are attempting to do the right things and make the changes."

## + RECOMMENDATIONS

### Auditor appeals for better communication

The city's auditor has made three recommendations for the transportation department.

### 1. Better contract management principles:

The auditor recommended roles and responsibilities in contract management need to be defined, and contract-management practices need review. Wandzura said his department is undergoing a roles and responsibilities review.

### 2. Improve project management:

The auditor rec-

ommended project managers establish realistic opening and completion dates and adjust them as appropriate. The auditor also recommended management roles and responsibilities be clarified.

**3. Better reporting:** The auditor recommended senior management be provided with written status reports identifying all major issues and that council be similarly notified of all major events or issues in a timely manner. There is an emphasis on providing written reports rather than verbal reports, as in the past.



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City aims to create an area where residents can walk right up to the water. KEVIN TUONG/METRO FILE

# \$10M to improve access to river valley

NATURE

No firm plans yet, but a path is expected near the water



Ryan Tumilty  
Metro | Edmonton

More Edmontonians could dip their toes in the North Saskatchewan by 2017 after the city has pushed ahead with a \$10.1-million plan to improve access into the river valley.

Rob Marchak, director of strategic planning with Edmonton's planning department, said the idea is to create an area where residents can walk right up to the water.

How that happens, however, is now up for debate.

"This part of the process is really to determine more of

what that really looks like," he said.

Earlier this month, the city released a design and construction tender for the proposed project, meant to create a new park-like space near the water around the new Walterdale Bridge and the Rosedale generating plant.

Marchak said there are no firm plans yet, but they expect some kind of path near the water.

He said the city is looking forward to see what bidding companies have to offer.

The tender calls for the winning bidder to make sure the project respects the history of the area and works with community groups to design something that will fit in with the rest of the neighbourhood.

"It is a very rich, very diverse kind of history that has gone into the area," said

Marchak.

He said they plan for the project to link up with the trails on the other side of the bridge.

"We will be able to pass underneath the bridge and make a continuous connection so you want to have to deal with the lights or the intersection any more."

The project is part of several under the umbrella of the River Valley Alliance, which in 2013 received nearly \$73 million in federal funding commitments to improve "connectivity" with the river valley.

Other projects that are part of this include a funicular proposal and a boat launch.

Money from the federal government for these projects is all supposed to be spent by the end of 2016 — before it is ready — but Marchak said they're confident the government will give them an extension.

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# Calgary can learn from Edmonton on LEDs: expert

## INFRASTRUCTURE

### Pilot project tackles issues of blue light pollution

**Helen Pike**  
Metro | Calgary  
and  
**Tim Querengesser**  
Metro | Edmonton

As Calgary works to retrofit around 80,000 streetlights to LEDs, one expert says it should learn from a neighbourhood pilot project in Edmonton in how to deal with the challenges the blue lights often create.

Phil Langill, director of the Rothney Astrophysical Observatory at the University of Calgary, said blue light, which is common with LEDs, is difficult for the human eye to cope with.

And, as Calgary begins bringing in the more-efficient LEDs to its streets, Langill said LED light installations in Edmonton should serve as an example of how to allow people to see the sky at night rather than be overwhelmed with blue light.

"There's a community in Edmonton (Woodcroft), near their science centre ... and they are able to dim the lights in the neighbourhood," Langill said.



The replacement project in Calgary has an estimated cost of \$32 million, which the city hopes to gain back over the next six to seven years. COURTESY CITY OF CALGARY

"It's a pilot project. The streetlights are on a timer. And, after a certain time of night, the streetlights automatically dim and they stay that way until about 5 in the morning. It's a brilliant idea. It keeps the sky darker at night."

The problem many cities that use LEDs are experiencing is that people are unable to see the night sky around them, Langill said.

The reason is the blue colour light that LEDs often produce.

"The human eye responds

very poorly to blue light ... the response of your eye is for your pupil to close down, so you can't see at night."

He also said human eyes have the best focus with red, yellows and greens.

"People have a harder time focusing sharply on objects,"

Langill said although the LED technology has reduced what the city calls "uplight" and "backlight" which normally are the culprits of light pollution, when he's driving on Glenmore trail by Westhill where lighting has had

an upgrade, he has to use his sun visor.

"I have to flip my visor up, so that I don't get blinded the light that's shining straight into my eyes," Langill said. "The city's halfway there ... if they could just reduce the intensity of the lights, or go to a different colour they would have it nailed."

So far, the City of Calgary has installed around 4,680 LED lights with the goal to start replacing 2,000 every month starting in September.

The project was estimated

at \$32 million — a cost the city hopes to recoup within 6.5 years with electricity and maintenance savings.

Langill also said new technology has seen LEDs arrive without blue light, which all cities should consider.

"My recommendation would be, yes, use LED lights, they're fantastic from an energy point of view, but there are other options available now that weren't available a couple of years ago ... now there are colour spectrum choices that one can make."

## CALGARY FOOTHILLS

### Debate draws hundreds



Six of the seven candidates vying for the seat in the Alberta legislature that Jim Prentice won but didn't want made their pitches to Calgary Foothills voters Monday night.

All party-affiliated candidates in the byelection prompted by the former premier's election-night resignation as MLA took part in a debate attended by roughly 300 people.

NDP candidate Bob Hawkesworth repeatedly made the argument that electing him, as a member of the government, would be in the best interest of constituents.

"Let me be the one that speaks for you within the government," he told the crowd. "I'm the only candidate in this election that can offer that to you."

Wildrose candidate Prasad Panda said another NDP MLA is the last thing Alberta needs.

"The NDP have raised spending even faster than they have raised taxes," he said of the young government. "Through attrition, we must reduce the size and expense of government."

PC candidate Blair Houston also said the government needs to stop spending increases but cautioned about rushing toward a balanced budget at all costs.

"Now is the time to use some of our rainy-day savings ... to run a modest deficit ... so we don't spiral into a deep recession," he said.

The byelection is Sept. 3.

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# Thinking outside the cubicle

## WEB PROJECT

### Local designer displays unique workspaces to inspire others

**Michelle Falk**  
For Metro | Edmonton

Beverley Jackman, a designer and digital marketer, has launched an online archive of creative, well-designed workspaces around the city to push more Edmonton businesses to create similar spaces.

Jackman, who recently graduated from Edmonton Digital Arts College, said Edmonton Spaces, an online archive of interesting offices in the city, underlines how vital it is that work environments cultivate playfulness and downtime in order to maintain employees' mental health and productivity.

Over the past few years Jackman has photographed interesting local workspaces using her iPhone and posted them on social media. Since graduating, she's decided to take her passion to the next level with the formalized web project.

The first workspace featured on Jackman's site is Startup Edmonton. She said she plans to visit tech, design and artist workspaces throughout the city.

In addition, Jackman has also featured Glossie, Brandon Mario Bilhete and Overhaul Media as office spaces that fit the bill.

“

**Design is everything and we just kind of ignore it.**

Beverley Jackman

“Design is everywhere and we just kind of ignore it,” she said.

Jackman said she was inspired by TechCrunch Cribs, a website that features the workspaces created by startup companies in the United States.

“I wanted to do something local and expose those not used to non-typical/non-traditional work spaces how fun and interesting a work area can actually be,” she said on her website.



Beverley Jackman in Startup Edmonton, one of the creative workspaces she's selected for Edmonton Spaces. MICHELLE FALK/FOR METRO

## + CALL OUT

### Send us photos of your favourite office spaces

Beverley Jackman's Edmonton Spaces project has us inspired.

Does your office — or one you know of — have a unique, well-designed space in Edmonton? Well, it's time to share it.

We're looking for examples of what Edmonton finds great about its office spaces and want to share them on social media.

If you have a photo of a great office or nice feature of a workspace in Edmonton, send it to us — [edmonton@metronews.ca](mailto:edmonton@metronews.ca).

Check in on our Facebook and Twitter feeds over the week to see the results.

If you'd like to offer a suggestion to Jackman, visit [edmontonspaces.com](http://edmontonspaces.com).

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A pile of documents, many of which have been redacted, sits on the desk of Jay Scherer, an associate professor, on Monday. Scherer says he's frustrated that essential details of the arena deal are not being made public. RYAN TUMILTY/METRO

# Researchers frustrated with lack of transparency on arena deal

## GRUMBLINGS

### Roadblocks criticized by those analyzing the situation



**Ryan Tumilty**  
Metro | Edmonton

Researchers trying to glean specific information about how Edmonton decided to endorse a near half-billion dollar arena are finding roadblocks well after the deal is done.

Jay Scherer, an associate professor of sports sociology at the University of Alberta, said he's been attempting to use freedom of information legislation to get documents on how the deal came together.

But, even after waiting months in some cases for that

information, Scherer said he's been getting mostly blacked out pages.

"On top of what is an extraordinary delay, the vast majority of information I have received is redacted information," he said.

Scherer said he just wants to understand how the deal came together as part of his academic research. His work, he explained, is to understand the basics about how the deal has come together, how a community revitalization levy was identified as a funding source, and how the city came up with estimates for the levy, along with a host of other details about the arrangement.

"I've researched these types of debates for 25 years, so professionally it's part of what I do as a scholar and to be able to offer a full analysis you need as much and as accurate information as possible."

The value of this work, he said, becomes evident when you look at last week's announcement from the Calgary Flames organization about its intentions to build an arena and access various streams of funding to do so.

"The Edmonton case will provide a bunch of benchmarks for Calgary, as they go through a similar debate with a nearly identical process," he said.

Scherer is not alone in his frustration in finding specifics about one of the largest deals in Edmonton's municipal history.

Scott Hennig, with the Canadian Taxpayer's Federation, said he's seen similar road-

blocks when he attempted to get information on the arena deal in Edmonton.

He said he eventually stopped asking, because he was so frustrated with the heavily redacted reports he was seeking.

"One of them is a 105-page document and I have 18 of the pages," Hennig added that sometimes information is redacted because it constitutes advice and sometimes it has been redacted because of a third party, in this case the Katz Group.

"There is no reason why all of that information shouldn't be public now. The deal is done," he said.



Edmonton Oilers' Darryl Katz is a key figure in this huge arena deal. THE CANADIAN PRESS

## TIMELINE

### The who, what and when so far ...

#### 1 May 2011

Edmonton and the Katz Group reach a framework agreement on how a proposed new arena, to be located on downtown land that's ripe for development, will be funded. The city tentatively agrees to fund \$450 million of the construction costs, with the Katz Group to fund \$125 million.

#### 2 October 2012

Oilers owner Darryl Katz uses a full-page newspaper ad to talk of his frustrations and talks of "fighting for a deal that will enable the team to stay in Edmonton." The letter is taken as a subtle threat, after news of Katz visiting Seattle and talking with city officials.

#### 3 October 2012

Sparked by the letter, Edmonton city council passes a motion to stop all negotiations with Katz on the arena.

#### 4 January 2013

Edmonton city council approves new arena deal framework.

#### 5 July 2013

The Alberta government approves a community revitalization levy that allows Edmonton to raise funds for redevelopment in the downtown core, where the arena and other amenities will be located. The city estimates the levy will raise between \$600 million and \$1.1 billion over 20 years.

TIM QUERENGESSER/METRO



**There is no reason why all of that information shouldn't be public now. The deal is done.**

Scott Hennig, with the Canadian Taxpayer's Federation.



# Ex-PMO aide takes stand

## COURT

### Claims he didn't know Wright repaid expenses until later on

Chris Woodcock, the aide in the Prime Minister's Office who crafted public statements about Sen. Mike Duffy's repayment of disputed expenses, says he never read the 2013 email where Nigel Wright told him he was picking up Duffy's tab "personally" — at least not until months later.

Woodcock, who was director of issues management and responsible for staying on top of controversies affecting the government, testified Monday at Duffy's trial for fraud, bribery and breach of trust. Woodcock said he was responsible for drafting statements for the government and Duffy in cooperation with senators and Duffy.

"Mainly my job was to spot trouble and come up with a strategy for dealing with it," he said.

Woodcock said he first read the top paragraph of Wright's email on March 8, 2013.

"I didn't see it at the time. It actually meant nothing," he told assistant Crown attorney Jason Neubauer.

Neubauer did not pursue Woodcock's answer further.

However, it provides a partial explanation as to how at least one other aide in the PMO, presumably in the know about Wright's payment, failed to flag it to either Prime Minister Stephen Harper or anyone else as a looming political disaster.

It may also explain why, in



Chris Woodcock, ex-director of issues management inside the Prime Minister's Office, testified at Mike Duffy's trial in Ottawa on Monday. FRED CHARTRAND/THE CANADIAN PRESS

the early weeks after the \$90,000 payment was reported on May 14, 2013, the prime minister continued to tell the public that no one on his staff knew. Emails submitted as evidence show there were up to 13 PMO and senior Conservative officials who knew about it.

At the time of the email to Woodcock from Wright, Harper's office was trying to craft a response to a reporter who had inquired of the Conservative Party if it was helping either Sen. Pamela Wallin or Sen. Duffy with their disputed expenses.

They debated whether to re-

spond.

Wright replied to Woodcock the party would only cover expenses incurred on party business and would not be picking up any of Duffy's housing expenses.

"For you only, I am personally covering Duffy's \$90k," Wright wrote.

Woodcock, who appeared Monday as a Crown witness, said he only realized that was in his email in June 2013, well after CTV broke the embarrassing story that Wright had covered Duffy's bill, by which time Wright had resigned.

Woodcock testified he re-

ceived between 700 and 1,000 emails a day and mostly scanned them for "action" items he would have to move on.

He said he was "actually quite surprised" when he realized then that he'd been informed by Wright of his repayment as early as March 8.

That was more than two weeks before March 26, when Wright had another PMO staffer handle the transfer of his personal bank draft for \$90,172.24 to Duffy's lawyer.

Woodcock also testified that Duffy was an "active participant" in the PMO's handling of his expenses controversy and the media "talking points" that were issued about it. The tone of their conversations was collegial and cooperative, he said.

TORSTAR NEWS SERVICE

**"I didn't see it at the time. It actually meant nothing."**

Chris Woodcock on Nigel Wright's email from March 8, 2013

## ELECTION 2015

### Leaders square off on plunging economy

A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

For Stephen Harper, the plunging economy — fallout from China's worst market performance in eight years — provided a welcome diversion from the relentless revelations of the Mike Duffy trial that have kept the Conservative campaign off balance for close to two weeks.

The prime minister's office released a short statement Monday, saying that he had spoken on the phone in the morning with Stephen Poloz, the governor of the Bank of Canada.

"Prime minister Harper and governor Poloz discussed the recent decline in global stock markets and commodity prices,

slowing growth in China and emerging markets and the potential impacts on Canada's economy," said the statement, which offered no other details.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

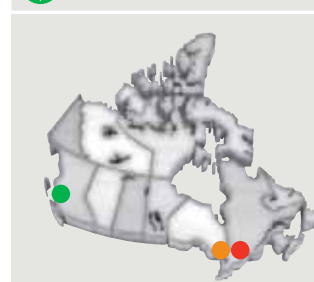
Harper repeated that his government is the best bet in uncertain economic times.

That's a message that the Conservative leader has been struggling to deliver as he fends off questions about how much his current chief of staff, Ray Novak, knew about Nigel Wright's controversial \$90,000 payout to Duffy in February 2013.

Harper said Monday the unstable global economy is the most important issue facing Canadians and urged them to stay with his party.

Mulcair said Harper "put all his eggs in one basket" by focusing the Canadian economy on the oil and gas sector, which has been rocked by a downward price spiral. THE CANADIAN PRESS

## WHERE THE LEADERS ARE TODAY



• **Justin Trudeau** will be in Toronto and Brampton, Ont.

• **Tom Mulcair** will be in Ontario: Dundas, Kitchener and Sarnia.

• **Elizabeth May** will be in Vancouver and Burnaby, B.C.

Stephen Harper's itinerary was unavailable.

## IN BRIEF

### Green candidate won't get support to back out

A Green party association in Ontario won't support its candidate's decision to withdraw and endorse the NDP nominee.

The Green party's Peterborough-Kawartha Electoral District Association says candidate Gary Beamish's apparent plan took the organization by surprise.

It apologizes for any confusion Beamish's move may have caused supporters in the central Ontario riding.

The association says it is considering options and plans to discuss the next steps with local members.

THE CANADIAN PRESS

## ECONOMY

### CIBC hints NDP election win may harm equities

The possibility of neither the Conservatives nor the Liberals winning the Oct. 19 federal election could be a negative for equity markets, although other factors are far more important, according to a commentary issued by CIBC (TSX:CM).

The note, dated Sunday and written by Ian de Verteuil, managing director and head of portfolio strategy and technical research at CIBC World Markets, predicted the recent decline in equity markets would continue until the end of the year.

Among other things, de Verteuil noted that interest rates have again started to decline, emerging markets have been volatile and equities have fallen.

"In our opinion, until we get some clear signs that deflation is not back on the table, and until there is evidence of stronger

global economic recovery, equities will remain weak," he said.

"The Canadian situation is complicated by a lack of domestic support for Canadian equities, continued pressure on the economy from weaker commodity prices and a federal election that could result in a party other than the Conservatives or Liberals in power."

When asked about his mention of the election, de Verteuil said it wasn't a critique of one party's capabilities or policies over another's.

"This is a comment on how investors tend to have a short-term reaction to change. Election uncertainty may be a factor in equity markets but far more significant issues are weak commodity prices and low demand for Canadian equities," he said in an email. THE CANADIAN PRESS



A note written by a senior staffer at CIBC World Markets on Sunday predicted further plunges in investments until the end of the year — an issue NDP Leader Thomas Mulcair allegedly will not be prepared for. FRANK GUNN/THE CANADIAN PRESS



# Gun jam was opportunity to tackle train assailant

## PASSENGERS HONOURED

### Lone radicals growing terror threat, security experts say

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour. Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

"I don't think we can rely entirely on the police, the law enforcement services. They will do their best. We can put in place the best intelligence networks, but somebody is probably going to get through at some stage."

"And my vision of this is that as citizens, we need to be prepared to think about how to act," Chris Norman, the British businessman who helped bind the suspect, told The Associated Press.

"We need to have it in our minds, because if I had never thought it before, then I probably would have just been sitting in a corner cowering," Norman said.

With thousands of Euro-



**From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Élysée Palace, Monday in Paris. Hollande pinned the Legion d'Honneur (Legion of Honour) medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21, as he moved through a speeding train with an assault rifle strapped to his bare chest. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL**

peans believed to be radicalized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim responsibility for the work done by their "brother."

"This creates a really inter-

esting dilemma for law enforcement. You don't have to be a mastermind or a sophisticated individual to kill a lot of people if you have weapons and they do not," said William Braniff, director of the National Consortium for the Study of Terrorism and Responses to Terrorism. "You don't have to

be all that well-trained. There's one threshold: You have to be able to load the weapon."

That, apparently, was something the gunman — identified as Ayoub El-Khazzani, 26, of Morocco — was unable to do, according to Spencer Stone, the U.S. airman who subdued the attacker on a train from

Amsterdam to Paris. Stone said he saw the man holding an assault rifle that "looked like it was jammed and it wasn't working."

ISIL has issued no comment on the failed attack. But on Sunday, a pro-Islamic State media group released a nine-minute video again calling on "Lone Lions" to kill Americans and Europeans.

"If it's a foiled attack, the most obvious reaction would be to deny," said Jean-Charles Brisard, a French security consultant and terrorism expert.

THE ASSOCIATED PRESS

**You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon.**

Terrorism expert William Braniff

## SPACE STATION

### Orbital research boozy

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

The samples will be used for experiments and will spend at least a year in orbit before being returned to Earth. An identical set of samples will be stored on the ground in Japan.

The experiment has NASA's blessing. Spokesman Dan Huot said all research flown to the space station is agreed upon by everyone involved. It's not the first liquor-related space study.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for white stork, as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

The 250-mile-high outpost was in need of fresh supplies, after losing three shipments in eight months. SpaceX remains grounded, as does another U.S. supplier, Orbital Sciences Corp., which suffered a launch explosion last October in Virginia. A Russian cargo ship went out of control in April and was destroyed on re-entry, but the country has since corrected the problem and resumed deliveries.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork.

"Great job by my crewmates," Kelly said via Twitter. THE ASSOCIATED PRESS

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## PHILADELPHIA

### Inmates building Pope chair for visit

Inmates in the Philadelphia prison system are creating a state-of-the-art chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall.

Another group of inmates previously hand-carved the piece out of walnut. Soon, it will be sent to

nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

Francis plans to go there Sept. 27 to meet with about 100 inmates and some of their relatives.

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet. THE ASSOCIATED PRESS



ASHLEY MADISON

## Police confirm extortion

The hack of the cheating website Ashley Madison has triggered extortion crimes and led to two unconfirmed reports of suicides, Canadian police said Monday.

The company behind Ashley Madison is offering a \$500,000 reward for information leading to the arrest of members of a group that hacked the site.

Hackers last week released detailed records on millions of people registered with the website, a month after a break-in at Ashley Madison's parent company, Toronto-based Avid Life Media Inc.

Toronto Police acting staff Supt. Bryce Evans said the hack is "one of the largest data breaches in the world."

Evans said there are confirmed cases of criminals attempting to extort Ashley Madison clients by threatening to expose them unless payment is received.

He added that the hackers released the entire Ashley Madison client list, which claims to have more than 30 million users worldwide. Evans did not offer details on the unconfirmed suicides. THE ASSOCIATED PRESS

# Financial planning critical amid plunge

INVESTMENTS

## Experts urge portfolio adjustments as soon as possible

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want

any downside losses, then we have some things to chat about," said Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the markets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low.

THE CANADIAN PRESS



A New York trader deals with U.S. stocks' plummet in early trading Monday. SETH WENIG/THE ASSOCIATED PRESS

## IN BRIEF

### TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its \$12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline. Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save \$100 million between 2018 and 2050, the natural gas companies said.

THE CANADIAN PRESS

## market minute

	<b>DOLLAR</b> 75.40¢ (-0.54¢)
	<b>TSX</b> 13,052.74 (-420.93)
	<b>OIL</b> \$38.24 US (-\$2.21)
	<b>GOLD</b> \$1,153.60 US (-\$6.00)

**NATURAL GAS:** \$2.65 US (-3¢)  
**DOW JONES:** 15,871.35 (-588.40)

TECHNOLOGY

## LG unveils new G Pad tablet

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display at 1920 x 1200, plus a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor.

The new tablet also offers several software features, such as an e-reader mode to ease the eyes when reading, and a multitask feature to use two apps side-by-side.

LG also claims that the 10.1-inch tablet will offer one of the best batteries in its class — at 7,400 mAh — which could improve the device's overall appeal.



LG's new 10.1-inch G Pad II tablet. COURTESY LG

The company has not announced an official launch date or price for the tablet but will unveil it at the IFA trade

show in Berlin next month.

It is expected to be available in North America and Europe. AFP

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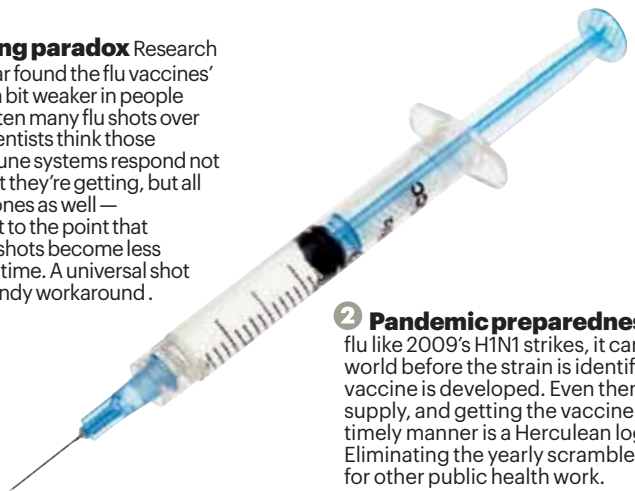


Amid the debate about liberalizing alcohol sales for convenience's sake, recovering alcoholics worry easier access to booze will push many off the wagon. TORSTAR NEWS SERVICE

## THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

**Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu.** SOURCE: NATURE MEDICINE, SCIENCE

**1 A puzzling paradox** Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround.



**2 Pandemic preparedness** When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

**3 One more shot** Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects against all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

## Indigenous people have mixed feelings on voting

### BIRCHBARK BITINGS

Niigaanwewidam  
James Sinclair



Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election. If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversa-

tion. The challenge is that many First Nations do not vote for legitimate reasons. Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgium election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent

on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples. As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving resources such as oil and

water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

**Niigaanwewidam (Niigaan) James Sinclair** is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

## metroview

### Liberals: Millennials are not in the mushy political middle



Dan  
Darrah  
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's

expense. But the Grits are blowing it by falling back on an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

**Dan Darrah** is a public policy student at Ryerson University and an editor at Critical Perspectives ([criticalperspectives.org](http://criticalperspectives.org))

Rosemary Westwood will return next week.

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CARL JUNG



Stephanie Seymour the new face of The Room at the Bay

# How safe are your skin spots?

## AGING

### How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the

look of this. Can you get rid of it for me?'"

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses. The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

### Protection Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees. Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of

sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the

torso. They are not caused by sun exposure.

"You cannot prevent them," he says. "It's your genetics and getting older."

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy. "It depends on how thick it is. The thicker they are, the more difficult they are. But it's a very good

treatment."

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

## PRODUCTS

### Keep your summer holiday glow, from head to toe

Summer is winding down, but that doesn't mean you have to submit to the winter blues without putting up a fight. If you want to carry your sun-kissed glow into the autumn then here are some tips.

#### Skin

The key words here are exfoliation and moistur-



izing. Get rid of rough patches with a store-bought scrub or whip up your own DIY one using ingredients such as sugar, sea salt and natural oils. Regular and intense hydration is the secret to keeping

your tan locked down, so consider investing in a rich moisturizer like the new Body Shop Mega Olive Body Butter, made with Fair Trade organic olive oil.

If you want to cheat a little (hey, there's no harm) then add a little fake tan into the mix to maintain that vacation vibe.

#### Nails

Keep your nails summery



with fresh nail polish such as the plum shade from Essie's Flowerista series for Spring/Summer 2015, inspired by colourful blooms and ranging from rich nudes to a strong fuchsia vibe.

#### Hair

If you find yourself with blonder strands than usual at the end of the

summer then using highlight enhancing products might help keep them around. Or, head to the salon for a few professional highlights to keep things summery. Bronde is the hottest hair colour of the moment, and can be recreated at home. When it comes to styling, keep those beachy waves in the picture with the help of a sea spray such as Sachajuan's Ocean Mist Texturizing Spray, which promises the texture and smell of a hard day's surfing. AFP







Two scenes from Swimrun in May. FREDRIK ERIXON/HANDOUT

# Swimming and running their way to the finish

## COMPETITION

### Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural courses span through forests, across rivers and over islands — basically anywhere that's off the beaten path.

Swimrunners race in teams of

two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where extreme sports enthusiasts and a rocky, ragged archipelago gave way to OTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At OTILLÖ, teams skim a total of 26 islands off the coast of Stockholm, covering a distance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of

the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along ragged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Championship will celebrate its 10th

## IN SWITZERLAND

### Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO

anniversary Sept. 7, when 120 qualifying teams — the best of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP



## EXERCISE

# Five outdoor activities to tone your body by fall

Exercising outdoors is the new big thing and fitness coach Th  tis Guimbioko has come up with five easy exercises you can do using what's around you.

### On the ground

Squats are a great way to strengthen your thighs and buttocks.

Start in a standing position, with shoulders broad and back straight, feet at waist width and toes aiming slightly towards the outside. With your body weight on your heels, bend your knees and lower your body, making sure your knees do not pass your toes, until your legs form a 90-degree angle.

Do five sets of 10 reps with a 30-second rest in between.

### On a chair

This exercise is normally done standing up, but starting in a seated position is an alternative for beginners.

While sitting in a chair, the goal is to work the oblique abdominal muscles. Place your hands behind your head and keep your knees at a 90-degree angle. Rotate your upper body to the left and then return to the middle before rotating to

the right.

Continue these rotations for three to five minutes. Inhale on one side and exhale on the other. This is an ideal exercise to slim the waist.

### On a bench

The starting position for this exercise will have your hands holding the bench behind you and supporting your body, straight and extended, at a 45-degree angle to the ground.

Basically this is a mix of a reverse pushup and a dip. You'll want to lower your body until you touch the bench and then push yourself back up.

There's no better way to strengthen the muscles on the back of your arm. Do five sets of 20 reps with a 30-second break in between.

### Against a fence

If pushups are too difficult for you, this exercise using a fence is a great alternative.

Lean into the fence at a 45-degree angle, in basic pushup position. Make sure your hands are holding the fence at shoulder height and then lower yourself until your chest touches it. Exhale on the way down and then



Don't forget to stretch. ISTOCK

inhale as you push yourself back up. Take care to keep your body straight throughout.

Do five sets of 20 reps with a 30-second rest in between. Perfect for working the shoulders and arms.

### In a stairwell

One of the best cardio exercises you can easily do is climbing stairs. Quick bursts up a set of stairs will burn calories and tone your buttocks, thighs and calves.

Find a staircase that's not too long and, keeping your body as upright as possible, race up and then turn around and come back down.

Do five sets of five with a break in between sets that lasts as long as the activity itself. AFP

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# CONTINUING EDUCATION

## You're not alone: tips for first-time students

Entering college or university can be one of the most daunting experiences in a young person's life. So with a new academic year upon us, we've collected some top tips for students beginning their post-secondary journeys this September.

**Set goals for the year.** The first month of school will be a blur — so before September hits, write down your goals to help focus your efforts.

"Take some time to reflect about what it is (you) want to accomplish," advises Cheryl Shook, assistant principal at Woodsworth College, University of Toronto. "For instance, 'I want to do well academically,' or 'I want to meet new and interesting people.'"

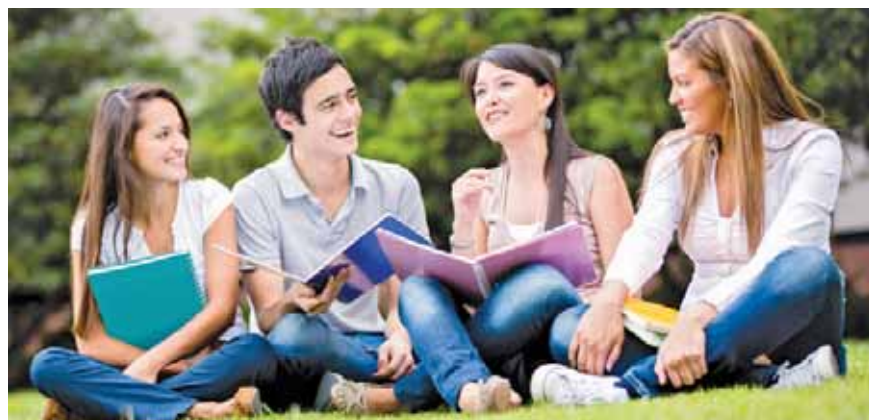
**Remember, you're not alone.** "All students that go to university go through it together," says Joel Aspden, a campus ambas-

sador at the University of Alberta in Edmonton. "You're not expected to know everything before you arrive."

**Ask questions.** Students nowadays sometimes find it tough to seek assistance, says Shook. But students need to be proactive, not passive, when it comes to figuring out post-secondary life. "Whatever school (students) go to, university or college, there's a whole lot of people and resources that are there for them," says Shook. "They just need to figure out how to access them."

**Establish your community.** Finding people with common interests is a great way to feel more grounded and secure on campus.

"It's easier said than done, but you can start small," says Woo Kim, student development officer at UBC. "Say hi to someone in your class, ask someone to go for coffee, make plans



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to study with a classmate. It's intimidating for sure, but it can definitely be very worth it."

**Maintain a balance.** Clubs and teams are a great way to get involved, but don't be fooled by seemingly light class schedules — time management is crucial for success.

"If there's one thing I hear from undergraduates every single year," says Shook, "it's

'I wish I had started working and doing my homework sooner.'"

Talking to your professors, says Kim, is a great way to stay on top of the academic side of things. "Professors want students to do well, they want to answer their questions," she says. "It's important that students are taking advantage of that." *-DANIEL SQUIZZATO*



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# Get the many benefits of meditation

Forget keeping calm and carrying on — learn to meditate through the upcoming meditation course offered through the Willpower Institute.

“We have found that people from every walks of life and backgrounds have come to try meditation, thus each individual may have different motivations for conducting meditation,” says Christopher Onuczko, meditation instructor.

“With increased mind power, people are able to control their emotions, reduce violence and increase harmony in relationships.”

This free meditation course is suitable for beginner and experienced meditators who are interested in personal development and for those who prefer an in-depth study of meditation. The course being developed by a Master Teacher of Meditation (Luangphor Viryang Sirintharo) with over 80 years of experience.

“Meditators who have taken this meditation course have listed the following benefits that they have personally experienced through this meditation technique: reduced stress and anx-



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ity, improved sleep, calmness within, reduced anger/negative emotions, improved focus, happiness — just to name a few,” says Onuczko.

The Willpower Institute is a non-profit organization who’s goal is to promote world peace through meditation.

Willpower Institute will be holding a meditation course orientation open to anyone who is interested in learning more about meditation, anyone from any religious background is welcome to attend. The orientation will be held on Sept. 9 from 7 to 9 p.m. at the Willpower Institute 12520-135 Avenue. For more information, visit [willpowerinstitute.com](http://willpowerinstitute.com).

# LEARN THE BASICS OF CAD AT DIGITAL SCHOOL

There is an increasing demand for computer-aided drafters to meet the needs of Alberta’s amply construction and manufacturing industries.

This exciting field in particular would like to see more qualified female computer aided drafters or, CAD, technicians.

“Digital School Technical Design College is answering that call by offering skills training to those looking for a new and specialized field, even those with no prior experience in either drafting or the computer software,” says Charles Jarvis, general manager of Digital School.

Digital School starts everyone with the basics — the basics of computers and the basics of design concepts. Students will train with industry experts to become qualified computer aided drafter in as little as six months.

“From there, opportunities are open to work in a variety of settings in many areas of construction, manufacturing and design,” says Jarvis.

To find out more if a career in CAD is for you, Digital School is holding an open house



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on Thursday, Aug. 27 with an invitation to the public to discuss what new career is possible for them.

This is a great opportunity for anyone interested in a career in CAD to check out the Digital School facilities, meet with school staff and have questions answered in person.

For more information about Digital School and the programs offered, or to register for the next intake, visit [digitalschool.ca](http://digitalschool.ca).



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# Online courses can take less than 1 year

## ROBERTSON PROGRAMS LEAD TO NEW CAREERS QUICKLY

Robertson College updated its online offerings last year to meet the demand in the Canadian market for online programs that are paced for the busy lifestyles of today.

Much like its classroom courses, Robertson College offers many online programs that will have you in a new career in less than a year, including health care, business, and IT.

"These programs have been designed to be completed in under a year so people can upgrade their skills and be working in a new career or a better position at their current employer without having to commit two to four years to do so," says Geoff Nevin, director, marketing for Robertson College.

If going back to school is something you have long considered, but haven't been able to decide on what type of training will get you closer to those career goals, Robertson provides career counsellors to help people evaluate what skills they may already have and what training they may need to enter the workforce or profession of their choice.

Robertson College will also help guide them to a career in an industry where employers are actively hiring so they can begin working immediately upon graduation, as well as provide training through career services to help prepare students for their job search and new careers.

"Many people are intimidated by the prospect of change or starting something new, and Robertson works with each individual to make sure we cater to their individual needs to help them be successful in school and in a new career," Nevin says.

At Robertson College, both online and classroom programs start every month, so there is no need to wait for the next traditional semester to start working towards your education goals.

"Monthly intakes provide students flexibility to start programs when they are ready," Nevin says. "Typically, people have looked at starting school in September or January, but at Robertson College you can start a new program in any month, depending on the specific program of interest."

For more information about the online programs and funding options available for these programs, visit [robertsoncollege.com](http://robertsoncollege.com).



## TECHNOLOGIES FOR SUCCESS

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The field of health care is dynamic, with continuous opportunities to learn and advance in practice. Health care aides are frontline employees and have a direct impact on the health and well-being of each client they care for.

The HCA PLAR (prior learning assessment and recognition) program at Excel Academy is a fast track program for those students who have significant work-related experience in this area of study.

"The beauty of this program is that students can continue to work full or part time, while advancing their career," says Kimberley Stewart, health care aide and HCA PLAR instructor.

"The cost is relatively low compared to a full program of this type and the student has flexibility to complete study as their work schedule allows."

Students in the HCA PLAR program will become knowledgeable in theory and clinical skills and their current knowledge will also be reinforced by a complete review of the entire



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Government of Alberta HCA curriculum.

The student receives an individualized learning plan tailored to meet their academic needs. The program focuses on assisting the student to achieve confidence and competence with the current scope of practice of a HCA within Alberta.

Graduates of the HCA PLAR program will be certified to work as an HCA anywhere in Alberta. They have the ability to work in active treatment, long term care and community based programs amongst other sites that facilitate client care. For more information, visit [excelacademy.ca](http://excelacademy.ca)

## Enrich your lives with education

Visit the Faculty of Extension's Open House on Thursday, Aug. 27, at UAlberta's downtown campus to find out about programs and courses for adult learners looking for new workplace opportunities or to enrich their lives with continuing education.

For over one hundred years, the Faculty of Extension has been advancing the University of Alberta experience beyond the campus and the classroom to bring adult learners a wealth of continuing education, professional development, and lifelong learning opportunities. Students may choose between taking individual courses and workshops or enrolling in credentialed programs such as certificates, citations, and even part-time graduate programs.

### UAlberta for you

Many Faculty of Extension programs and courses do not require previous post-secondary education — just a desire to learn and explore the possibilities that a commitment



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to lifelong learning can bring.

Recognizing that adult learners have busy lives, courses are offered with flexible delivery options including daytime, evenings, and weekends in both classroom and online formats.

Students may join the Faculty of Extension looking to advance their careers, pursue new opportunities in the workplace, or fulfill their passion for personal development through languages or the arts. With a wide variety of courses in business, leadership, communications, arts, community engagement, and applied sciences, Extension's doors are open to students looking to expand their horizons.

### Open House

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## More than just English training

It takes a lot of courage and optimism to move to a new country. We understand that in Alberta, where one in five of us was born outside Canada, like former ESL student Dr. Iftekhar Ahmed.

"Immigration brings with it many difficult tasks, and especially if someone is going to continue his medical profession, which is beyond just learning about drugs and diseases," says Ahmed. "Knowing local culture and values is strongly related to and needed for this profession. My experience of learning at MacEwan University was marvellous. It was not just learning a language; rather, it educated me about

the norms, values, culture and history of my new society without affecting my basic values. Looking back now as a practicing physician, I found the period I spent at MacEwan as an ESL student helpful to understand both the language with its local accent, and the people with their perspectives."

MacEwan's School of Continuing Education has a variety of English language courses to meet student needs, as well as a testing centre. They also offer classes in academic upgrading, arts and music, and personal and professional development.

## Make school, life balance a reality

Tailoring your education around your schedule is the dream for any student. At Academy of Learning Career College, this dream is a reality.

"Academy of Learning's effectiveness centres around our belief that everyone has individual talents and potential and career college students must be able to juggle their college life with the rest of the life," says Charles Jarvis, general manager, Academy of Learning.

"With our advantages of flexible schedules, self-paced learning, hands-on approach, ample encouragement and support with one-on-one assistance available to all, this is possible."

Academy of Learning has offered effective and necessary skills training to tens of thousands of Albertans for more than a quarter century and has grown to be the largest network of career colleges in Canada.

With programs starting all the time, there is no need to wait to start of a new semester to wait to begin.



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On Aug. 27, all Academy of Learning locations will be holding an open house that so the public can come into the campus most convenient to them to see why Academy of Learning's alternative to career college education is the right choice for them whether they're seeking new careers in health care, business, hospitality, legal or technology.

The event will be held at all 50 plus campuses across the country and will run from 3 p.m. until 7 p.m. For more information about Academy of Learning and the programs available, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

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# A chance to build a unique community

If Hollywood movies are to be believed, living on campus is just one big, non-stop party. The reality, of course, is quite a bit different.

"It's not at all comparable to what people see in movies and on television in terms of partying and general debauchery," says Melinda Scott, dean of students at University College, University of Toronto.

Besides, there are plenty of other things that should be higher up the priority list for those preparing to live away from home for the first time.

## What should I bring?

The daily essentials — sheets, towels, bathrobe, shower caddy, a small fan — plus a few tastes of home.

"(Students should) make sure they've brought some posters, some pictures of family and friends," says Scott. "Things that will make the space feel like their own base, so that they're getting comfortable and settled."

Make sure to read up on the specific rules

at your residence about what is and isn't allowed, and don't bring big, bulky items in September (wait until Thanksgiving or the winter break, once you've got a sense of the space).

"Remember that sometimes 'less is more,'" says Laura Huxley, residence area coordinator at the University of Alberta. "Think carefully about what you'll need while at school and try to bring only what you're sure you'll want or need to have with you."

## What should I expect?

Students all have their personal preferences when it comes to cleanliness, food, noise, shared space and other issues. But everyone living on campus must be prepared to communicate and get along for the greater good.

"When people come in mentally prepared to compromise and live with others and understand different people will bring different things to that living environment, it tends to go a lot more smoothly," says Scott.



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## What should I do?

Get your work done, of course. But don't cloister yourself away in your room studying — living in residence is a great opportunity to build a unique community.

"There are so many events and so many things going on in residence — go to some of them," says Woo Kim, a student development

officer at the University of British Columbia. "Open your bedroom door and say hello to people on your floor."

Shared living can be a difficult adjustment for some students, so it's also important to reach out for help if needed. "If there's something going on, you want to talk to your residence advisor," says Kim. —DANIEL SQUIZZATO

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The beauty industry is a fun, fashion forward and creative field of work.

For the past 10 years, EvelineCharles Academy has become the largest facility for beauty school training in Western Canada, providing an innovative learning environment that fosters creativity, passion and expression.

"Students are free to unleash their imaginations, helping them reach their highest potential," says Eveline Charles, founder and CEO of EvelineCharles Salons, Spas, Beauty MD and Academy.

"Forty years of beauty industry experience has allowed me to develop an educational program that teaches students the skills they need to be exceptionally successful in this field."

With effective business instruction and the highest level of technical training, EvelineCharles Academy ensures that students are confident in their knowledge and talents so that they may become industry leaders upon graduation.

The ever-changing beauty trends means EvelineCharles Academy has evolved with it to ensure their alumni are able to provide the services that people want now.

"We recognized the changes in the economic climate here in Alberta and we wanted to step back and ensure we are offering programs that are more comprehensive but also at new irresistible pricing," says



CONTRIBUTED

Charles.

"The programs are now better focused on students becoming masters of their trade, with more technical skill."

Recently, EvelineCharles Academy has revised their programming to include British barbering, eyelash extensions, laser hair removal, and hair extensions.

For more information about EvelineCharles and upcoming start dates, call 1-877-709-5672, email [admissions@ecacademy.com](mailto:admissions@ecacademy.com), or visit [ecacademy.com](http://ecacademy.com).



## Barber bridges 12-year gap with pole vault gold

### ATHLETICS

### Canadian soars above rest to be first podium topper since '03

Growing up on the family farm in New Mexico, pole vaulting was a game to Shawn Barber, like road hockey or hopscotch — a chance to compete against his brother Braden and an excuse to stay out late on hot summer nights.

That pure love of the sport has never left the 21-year-old Canadian, and at the world track and field championships Monday, he drew on every bit of it to win gold — Canada's first at the worlds in more than a decade.

"You're going to have nerves coming into a big meet like this, but my whole goal was to keep my head down and make sure I remembered to breathe, and that's the biggest thing for me,"



**I didn't even know it was a sport until a couple of years into it, I was just doing it for fun.**

Canadian pole vault gold medalist Shawn Barber

Barber said. "And have some fun out there. Enjoy yourself. You only get to do this every once in a while."

Barber was the only jumper to clear 5.90 metres on his first attempt, which was good enough for gold in a star-studded field. Defending champion Raphael Holzdeppe captured silver.

Renaud Lavillenie of France, the world-record holder and an Olympic gold medalist, shared the bronze with Pawel Wojciechowski and Piotr Lisiek, both of Poland.

The medal is Canada's fourth of the competition and the country's first ever in pole vault. It was Canada's first gold since Per-dita Felicien won the 100-metre hurdles in 2003 in Paris. Barber, who calls Toronto his hometown but grew up in the U.S., competes for Canada partly because his dad George did, including at the 1983 world championships.

The Canadian-born George Barber gave Shawn his first sawn-off pole at the age of four. The Barber boys would leap irrigation ditches on the family farm before George installed a proper pit, under the cover of an old airport hangar.

Asked if he ever dreamed of a world medal, Barber said: "No way. I didn't even know it was a sport until a couple of years into it, I was just doing it for fun. It's a great past-time for me so far, and for me to be able to come out here and showcase these



Shawn Barber of Canada cleared 5.90 metres on his first try, to take gold in the men's pole vault final at the world track and field championships on Monday in Beijing. CAMERON SPENCER/GETTY IMAGES

talents to everybody is a great experience."

The six-foot-two redhead laid down an impeccable performance at the Bird's Nest Stadium in Beijing, clearing every height on his first attempt. Barber and Holzdeppe, the only other jump-

er over 5.90, then missed on all three attempts at 6.00.

The senior Barber still coaches his son, who is coming off an NCAA title in his senior season at Akron University, and a gold at the Pan American Games in Toronto.

Barber won bronze at last summer's Commonwealth Games, but has been the picture of consistency, rewriting his Canadian record so many times, he's lost track of the number. It currently stands at 5.93.

THE CANADIAN PRESS

### IN BRIEF

#### Green Bay lose injured receiver Nelson for season

The Green Bay Packers' worst fears about the severity of receiver Jordy Nelson's knee injury have come true.

The team said Monday only that the star receiver suffered a "significant right knee injury" that would cost him the season. Nelson, one of the top targets for NFL MVP quarterback Aaron Rodgers, was injured Sunday in a pre-season game at Pittsburgh.

"It's difficult to lose a guy like that in a meaningless game," Rodgers said after the 24-19 loss to the Steelers.

THE ASSOCIATED PRESS

#### Team Russia fined for walking out on Canada

The Russian Hockey Federation was fined \$85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk.

The Russian federation had claimed its players had been confused after the rink-side gate was left open and took that as a signal to leave following the 6-1 loss in Prague.

THE ASSOCIATED PRESS

#### NFL hall-of-famer Carter sorry for 'fall guy' remark

Hall of fame receiver Cris Carter has issued an apology for telling NFL rookies at a league symposium in 2014 that they should "get a fall guy" to help them avoid trouble.

Carter posted his apology on Twitter after an ESPN article drew attention to the remarks he made during a presentation last year.

He told a group of rookies from NFC teams that if any of them were to get into trouble off the field, it was important to have someone who would step forward and take the blame.

THE ASSOCIATED PRESS

### INDYCAR

## Pocono crash claims life of British driver Wilson



British racer Justin Wilson, hit in the head by debris from another car, succumbed to his injuries Monday. NICK LAHAM/GETTY IMAGES

IndyCar driver Justin Wilson died Monday night from a head injury suffered when a piece of debris struck him at Pocono Raceway. He was 37. IndyCar made the announcement at Indianapolis Motor Speedway.

Wilson, a British driver who lived outside Denver in Longmont, Colo., was hit in the head during Sunday's race by piece of debris that had broken off another car. Wilson's car veered into an interior wall at the track, and he was swiftly taken by helicopter to a hospital in Allentown, Penn.



**He was my brother, my best friend.**

Justin's brother Stefan

"Can't begin to describe the loss I feel right now. He was my Brother, my best friend, my role model and mentor. He was a champion!" his younger brother, Stefan, also an IndyCar driver, tweeted. Stefan Wilson said Justin's organs would be donated.

The last IndyCar driver to die

from an on-track incident was Indianapolis 500 champion Dan Wheldon, who was killed in the 2011 season finale at Las Vegas after his head hit a post in the fence when his car went airborne. Wilson won seven times over 12 seasons in open-wheel racing and finished as high as fifth in the Indianapolis 500.

An acclaimed sports car racer, Wilson won the prestigious 24 Hours of Daytona with Michael Shank Racing, and he competed in 20 Formula One races in 2003 before moving to the U.S. to join Champ Car. THE ASSOCIATED PRESS



## 5

## THE 1992-93 WORLD SERIES CHAMPS: WHERE ARE THEY NOW?

The Toronto Blue Jays are in first in the American League East and looking like a serious post-season contender for the first time since they won the 1993 Fall Classic. Here's a look at five members of the 1992 and 1993 World Series champion Blue Jays and where they are now. THE CANADIAN PRESS

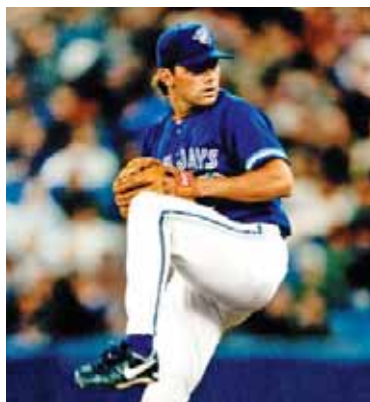


## 1 Kelly Gruber

Blond-haired third baseman Gruber was the first player in Blue Jays history to hit for the cycle, earning four hits in six at-bats on April 16, 1989.

However, Gruber's best known for his role in a non-call in Game 3 of the 1992 World Series. He made a diving tag on Braves baserunner Deion Sanders' foot between second and third base to record the final out of a triple play. The second-base umpire ruled Sanders safe. Gruber tore his rotator cuff on the play but he still hit a key game-tying home run in the eighth inning, and the Jays would go on to win the game and the Series.

Today, Gruber holds baseball seminars and does public appearances as a motivational speaker for charitable organizations.



## 2 Pat Hentgen

The right-handed pitcher came out of the bullpen throughout the 1992 season with a total of 50-1/3 innings pitched. Hentgen's impact was really felt in 1993 when he led Toronto with a 19-9 record in the regular season with 122 strikeouts and 3.87 earned-run average.

He won Game 3 of the 1993 World Series against the Philadelphia Phillies, giving up one earned run over six innings of work as Toronto rolled to a 10-3 victory.

Hentgen continued to improve on the mound, winning the American League's Cy Young in 1996. He retired in 2004.

Today, Hentgen is still involved with the Blue Jays, working in the team's front office as Special Assistant to the Organization.

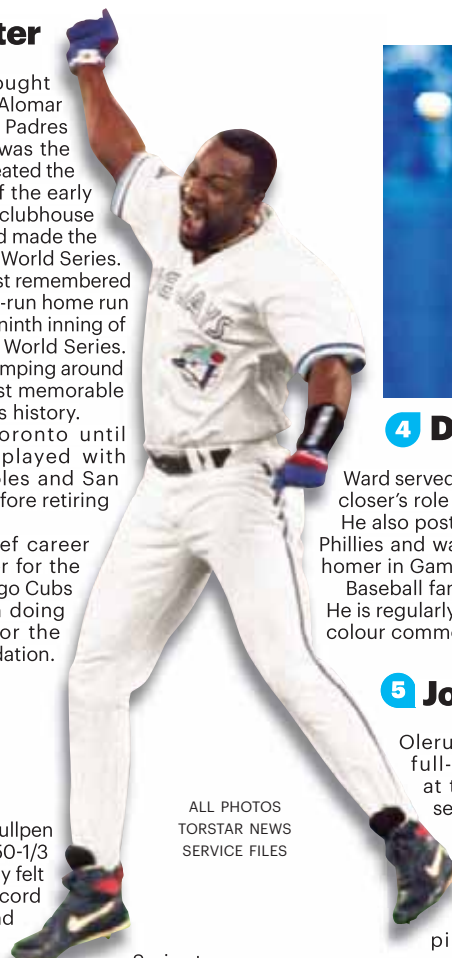
## 3 Joe Carter

The trade that brought Carter and Roberto Alomar from the San Diego Padres to Toronto in 1990 was the crucial move that created the Blue Jays dynasty of the early 1990s. Carter was a clubhouse leader in Toronto and made the final out of the 1992 World Series.

However, he is best remembered for his walk-off three-run home run in the bottom of the ninth inning of Game 6 in the 1993 World Series. Carter's exuberant jumping around the bases is the most memorable moment in Blue Jays history.

He stayed in Toronto until 1997 and briefly played with the Baltimore Orioles and San Francisco Giants before retiring in 1998.

Carter had a brief career as a TV broadcaster for the Blue Jays and Chicago Cubs before focusing on doing charitable works for the Children's Aid Foundation.



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## 4 Duane Ward

Ward served as a reliable setup man in 1992, but took over the coveted closer's role the following season and earned 45 saves.

He also posted saves in Game 1 and Game 4 against the Philadelphia Phillies and was the pitcher of record when Joe Carter hit his walk-off homer in Game 6.

Baseball fans in the Toronto area know exactly where Ward is today. He is regularly featured on local Blue Jays radio broadcasts, filling in for colour commentator Joe Siddall.

## 5 John Olerud

Olerud became Toronto's full-time first baseman at the start of the 1992 season and immediately made an impact. His sharp defensive play coupled with his strong hitting made him an important piece of both World Series teams.

Series teams.

He led the American League in batting average (.363), intentional walks (33), times on base (321), on-base percentage (.473) and doubles (54) in 1993.

He now lives in Washington with his wife and children. The NCAA's John Olerud Award is given to the best two-way player in American collegiate baseball after his All-American play for Washington State University as a pitcher and first baseman. He was inducted into the National College Baseball Hall of Fame in 2007.



## PREMIER LEAGUE

## Cech helps Arsenal salvage a draw

Petr Cech demonstrated why he will be an asset rather than a liability for Arsenal by producing the saves that secured a 0-0 draw against Liverpool on Monday after opening-day blunders proved so costly for his new club.

It was a first Premier League clean sheet in Arsenal colours for the former Chelsea goalkeeper, who had to cope with a fragile defence in front of him.

And with the Gunners forwards so feeble, the draw left

“

**Today was one  
those games  
where I was in the  
right place at the  
right times.**

Peter Cech

them with four points from a possible nine at the start of the season. THE ASSOCIATED PRESS

## IN BRIEF

## Russia injects \$175M to World Cup budget

The Russian government proposed a two per cent increase to its budget for the 2018 World Cup on Monday, reversing a trend of repeated cuts this year.

A document written by the Sports Ministry and published Monday envisages an increase of 12.5 billion rubles (\$175 million), taking the budget to 643.8 billion rubles (\$9 billion).

The World Cup budget started the year at 664 billion rubles. THE ASSOCIATED PRESS

## Washington regains old post as A's third-base coach

Ron Washington is back in the dugout where he got his big-league start as a coach, promoted to his old position as third base coach for the Oakland Athletics on Monday after the club dismissed Mike Gallego.

Oakland headed into the opener of a three-game series at Seattle on Monday night with the worst record in the American League at 54-71 following three straight years in the playoffs. THE ASSOCIATED PRESS

## MLB

## Yankees need just one run in victory



**Carlos Beltran drove in the game's only run.**

THE ASSOCIATED PRESS

Carlos Beltran hit a game-ending sacrifice fly after Oliver Perez walked the bases loaded, and the New York Yankees beat the Houston Astros 1-0 Monday night in a game highlighted by a tense duel between Nathan Eovaldi and Scott Feldman.

Eovaldi and Feldman each went eight innings.

Andrew Miller (2-2) pitched the ninth in helping the Yankees hand the AL West leaders their 18th road loss in their last 22 away games. THE ASSOCIATED PRESS



## RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

### Ready in

Prep time: 15 minutes  
Cook time: 8 minutes

### Ingredients

- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or breadcrumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

### Directions

1. Sprinkle cornstarch over

chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.

2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.

3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.

4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.

5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

### Nutrition per serving

- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

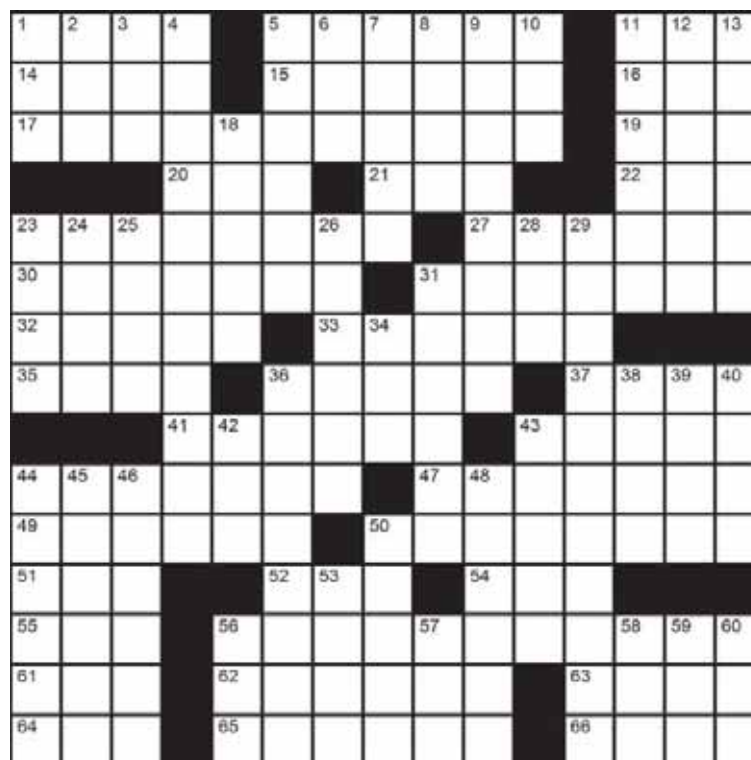
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell \_\_\_ No" by The Zombies
14. Rikki-Tikki-\_\_\_
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-70s Canadian TV series based on Johann Wyss' 1812 classic book, "The \_\_\_ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. \_\_\_ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred \_\_\_ (b.1865 - d.1940)



51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet

62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna \_\_\_ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

### DOWN

1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby \_\_\_" Want

7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger

12. President of France's residence, \_\_\_ Palace
13. Jokes-filled celebrity tributes
18. "Sexy \_\_\_" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves \_\_\_"
59. Sister
60. Work unit

## ★ IT'S ALL IN THE STARS by Sally Brompton

### Aries March 21 - April 20

A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

### Taurus April 21 - May 21

Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

### Gemini May 22 - June 21

Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

### Cancer June 22 - July 23

Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

### Leo July 24 - Aug. 23

Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

### Virgo Aug. 24 - Sept. 23

You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

### Libra Sept. 24 - Oct. 23

A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

### Scorpio Oct. 24 - Nov. 22

What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

### Sagittarius Nov. 23 - Dec. 21

You've been worrying for no good reason about something that is of no importance at all. When a wise Sag can be fooled now and again.

### Capricorn Dec. 22 - Jan. 20

There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

### Aquarius Jan. 21 - Feb. 19

Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

### Pisces Feb. 20 - March 20

You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

## CONCEPTIS SUDOKU by Dave Green

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